To conserve bandwidth, the settings on video service resolution can be altered. Some popular services & instructions to modify video settings are listed below:

Hulu
1. Log in to Hulu and begin playing a video
2. Mouse-over the video to reveal the progress bar
3. Click the Gear icon on the progress bar to reveal the Settings Menu
4. Select the "Low" quality setting
5. This setting will be saved for all videos going forward.

Youtube
1. Log in to Youtube
2. Click your Profile Picture at the top-right corner of the page, this will display a menu
3. Click the Gear button, this will take you to the Account Settings page
4. Click "Playback" on the right side of the page
5. Select the Radio button for "Never play higher-quality video"
6. Click "Save"

Amazon Instant Video
Quality defaults to HD and must be changed on a per-video basis.
1. Log in to Amazon Instant Video and begin watching your desired content
2. Mouse-over the video to reveal the progress bar
3. Click the "HD" icon on the progress bar to reveal "Watch in HD"
4. Click the "Off" button

Netflix
Netflix has 4 "Data Usage per Screen" settings:
High (Best video quality, up to 3GB per hour for HD, 7GB per hour for Ultra HD)
Medium (Standard video quality, up to 0.7GB per hour)
Low (Basic video quality, up to 0.3GB per hour)
Auto (Quality & Data Usage varies depending on connection speed)   [Auto is the default setting]

Netflix accounts have profiles per user in the household, this setting must be changed for each profile:
1. Log in to your Netflix Account
2. Mouse-over the Profile Picture at the top-right side of the page
3. This will display a menu - Click on the Profile you wish to adjust
4. Mouse-over the Profile Picture again, this time click "Your Account" (3rd selection from the bottom)
5. On the next page, under the "Your Profile" section, click "Playback Settings"
6. Click "Low"
7. Click "Save"
8. Repeat for all Profiles under your account.